

FDA-APPROVED PHARMACOTHERAPY FOR TOBACCO DEPENDENCE TREATMENT*

Product	Nicotine Patch	Nicotine Gum	Nicotine Lozenge	Nicotine Nasal Spray	Nicotine Oral Inhaler	Bupropion SR Tablet	Varenicline Tablet
BRAND NAMES	NicoDerm CQ® generic	Nicorette® generic	Commit® generic	Nicotrol®NS	Nicotrol® Inhaler	Zyban® generic	Chantix®
AVAILABILITY	OTC & Rx	OTC	OTC	Rx	Rx	Rx	Rx
PRODUCT STRENGTHS	21 mg 14 mg 7 mg	2 mg (<25 cigarettes/day) 4 mg (≥ 25 cigarettes/day)	2 mg (1st cigarette > 30 mins after waking) 4 mg (1st cigarette ≤ 30 min after waking)	10 mg/ml	10 mg/cartridge (delivers 4 mg/cartridge)	150 mg	0.5 mg and 1 mg
INITIAL DOSING	1 patch/ 24 hours	1 piece/ 1 or 2 hours	1 lozenge/ 1 or 2 hours	1-2 doses/hour (1 dose = 2 sprays or 1 per nostril)	6-16 cartridges/ day	150 mg once daily (days 1-3); then 150 mg twice daily	0.5 mg once daily (days 1-3); 0.5 mg twice daily (days 4-7); then 1 mg twice daily
MAXIMUM DOSING	same as above	24 pieces/ 24 hours	5 lozenges/ 6 hours or 20 lozenges/day	5 doses/hour or 40 doses/day	16 cartridges/ day	150 mg twice daily	1 mg twice daily
TIME TO PEAK PLASMA LEVEL	5-10 hours	20-30 minutes	20-30 minutes	5-7 minutes	15 minutes	3 hours	3-4 hours
RECOMMENDED TREATMENT DURATION	8-10 weeks (2-4 weeks per dose level)	Up to 12 weeks	Up to 12 weeks	3-6 months	Up to 6 months, taper during final 3 months	7-12 weeks (In special circumstances, may take for up to 6 mo.)	12 weeks (An additional 12 weeks can be prescribed for patients who have successfully stopped smoking at the end of 12 weeks.)
ADVERSE REACTIONS	Local skin reaction (Rotate and use steroid cream or try a different brand), headache, sleep disturbances (insomnia, abnormal/vivid dreams)	Mouth soreness, hiccups, dyspepsia, mild, transient jaw ache (Correct technique)	Headaches, insomnia, nausea if swallowed or chewed (Correct technique)	Local transient irritation in nose, throat and eyes (Typically resolved through regular use)	Mouth and throat irritation (Typically resolved through regular use), dyspepsia	Dry mouth, insomnia (Avoid use at bedtime), shakiness, skin rash, constipation, seizure risk is 1/1,000 (Instructions for Use 0.1%)	Nausea, headache, insomnia, constipation, abnormal dreams, neuropsychiatric symptoms (See Precautions, below)
PRECAUTIONS, CONTRAINDICATIONS AND WARNINGS	PRECAUTIONS: Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris	PRECAUTIONS: Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris, severe TMJ or other jaw problems, presence of dentures	PRECAUTIONS: Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris	PRECAUTIONS: Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris, severe reactive airway disease	PRECAUTIONS: Pregnancy and breastfeeding, 2-week post myocardial infarction, serious arrhythmia or serious angina, bronchospastic disease	CONTRAINDICATIONS: Seizure disorder, current use of Wellbutrin/bupropion, current or prior bulimia or anorexia nervosa, current or recent use of MAO inhibitors Warning: See below for FDA warning**	PRECAUTIONS: Pregnancy and breastfeeding, severe renal impairment Warning: See below for FDA warning**
DAILY COST***	\$1.90-\$3.89 (1 patch)	\$2.16-\$4.68 (9 pieces)	\$3.24-\$4.95 (9 pieces)	\$3.92 (8 doses)	\$7.20 (6 cartridges)	\$3.62-\$7.78 (2 tablets)	\$4.70-\$4.96 (2 tablets)
INSTRUCTIONS FOR USE	Stop all tobacco use prior to treatment. Apply 1 patch to healthy, clean, dry, hairless skin such as upper arm or hip. Remove and replace daily. Rotate patch site.	Stop all tobacco use prior to treatment. Chew gum slowly until you notice a peppery taste and a slight tingle. Then park between your cheek and gum. When taste and tingle fade, bite until it starts working again, then park in another part of your mouth. Continue for 30 minutes.	Stop all tobacco use prior to treatment. Allow lozenges to dissolve slowly over 20-30 minutes without chewing or swallowing. Occasionally, move the lozenge from one side of your mouth to the other.	Stop all tobacco use prior to treatment. Blow nose if it is not clear. Tilt head back slightly, insert tip of bottle as far into nostril as is comfortable. Breathe through mouth. Spray once in each nostril. Do not sniff or inhale while spraying. If nose runs, gently sniff to keep spray in nose. Wait two or three minutes before blowing nose.	Stop all tobacco use prior to treatment. Pull off the top of the mouthpiece and insert cartridge until seal breaks. Replace top. Align marks to close. Inhale a short breath to the back of mouth or puff in short breaths. Do not inhale into lungs. The nicotine in a cartridge lasts for about 20 minutes of active puffing.	Start using bupropion one to two weeks before quitting tobacco use. Take 1 tablet orally (150 mg) each morning for 3 days, then 1 tablet (150 mg) twice daily. Allow at least 8 hours between doses.	Start using Chantix one week before quitting tobacco use. Chantix should be taken after eating and with a full glass of water. Days 1-3, take one 0.5 mg tablet once daily. Days 4-7, take 0.5 mg tablet twice daily. Days 8-end of treatment, take 1 mg tablet twice daily.

*Inclusion of this adult dosage chart is strictly for the convenience of the prescribing provider. Please consult the Physicians' Desk Reference or the product manufacturer for complete product information and contraindications.

**Assess prior to prescribing and observe patients on Chantix for "serious" neuropsychiatric symptoms, including changes in behavior, agitation, depressed mood, suicidal ideation and suicidal behavior.

***The price ranges are based upon generic and brand availability. The nasal spray, inhaler and Chantix are not yet available in generic form.